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# INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals  
and groups promoting nutrition education

Published by

U. S. DEPARTMENT OF AGRICULTURE  
Production & Marketing Administration  
Food Distribution Programs Branch  
5 South Wabash Avenue  
Chicago 3, Illinois



Midwest edition, distributed in the  
States of Illinois, Indiana, Iowa  
Michigan, Minnesota, Missouri, Neb-  
raska, North Dakota, Ohio, South  
Dakota and Wisconsin.

VOL. II

January, 1946

Number 7

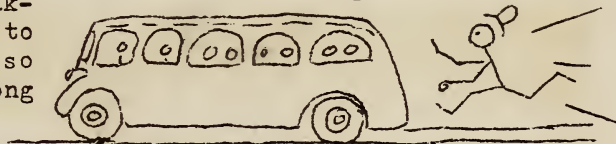
(To House Organ Editors: These articles may be included in your plant publi-  
cation. Select those which will interest your readers.--ed.)

## FOOD NEWS

### Foods of the month:

Oranges, grapefruit, breakfast cereals, eggs and wheat flour are abundant in  
January. Add them up and they make a good breakfast.

By the way, did you eat a good breakfast this morning? Or did you grab a bite  
and run for the bus? Too many of us are eat-and-runners. We just fail to allow  
the few extra minutes that a good break-  
fast requires. Too few of us begin to  
understand why a better breakfast is so  
important to our morale, our day-long  
efficiency, and to our safety.



### Breakfast for safety:

In an ordnance depot, 1,000 consecutive accidents were analyzed in 1943. The  
greatest number of these accidents occurred between 11 a.m. and noon. Little  
or no breakfast had been eaten by the workers who had the accidents.

Lowered efficiency on your job results when you have had an inadequate break-  
fast, or no breakfast at all. Increasing hunger during the morning hours can  
lead to nervousness, lessened judgment, inattention to work, and fatigue. The  
"eleven o'clock lag" means less efficiency and more accidents.

### Start the day right:

Between supper and breakfast there are at least 12 hours. Eight hours may be  
spent in sleeping, but it takes energy even for sleep, although not as much as  
for work. An average worker will use 500 calories of energy while sleeping,  
another 500 calories in the waking hours between supper and breakfast. In the

total of 1,000 calories in energy he has used about one-third of his daily requirement. Morning is the time for him to break his fast and refuel his body with the foods required to supply the energy he needs.

#### Don't breakfast like a bird:

Dr. M. H. Manson, Medical Director of American Telephone and Telegraph Company, has written an article on breakfasts in which he states: "Breakfast can be something to wake up for as well as something to stay awake on.....You can't have what modern living takes if you prime your body with only a cup of hot coffee in the morning.....it's like opening furnace drafts without putting in any fuel."

Coffee is warming, comforting, and stimulating---but it takes plenty of nutritious food along with it to make a breakfast that will keep one at the peak of efficiency until lunch time.

#### What is a good breakfast?

Here is a pattern for a breakfast that you will enjoy and that will provide what your body needs:

<u>What</u>	<u>Basic 7 Group</u>	<u>How Much</u>
Citrus fruit or tomato juice	2	4 ounces or more
Cereal (whole-grain or restored) with milk	6 4	1 ounce, dry weight $\frac{1}{2}$ cup
Egg	5	1 or 2
Bread (whole-grain or enriched)	6	2 slices or more
Butter or fortified margarine	7	$\frac{1}{4}$ ounce (1 pat)
Beverage		

#### Why this breakfast is good:

The breakfast pattern shown above provides one-fourth to one-third of your day's energy needs. It supplies the essential nutrients for body functions and repair. These are:

Citrus fruits and tomato juice are rich in vitamin C. This vitamin is often lacking in the industrial worker's diet. If we don't eat citrus fruit for breakfast it is difficult to include enough vitamin C in the other meals. Citrus fruits or tomato juice are a breakfast "must."

Eggs furnish iron for hemoglobin of the blood, and vitamins A and B, and they provide an excellent quality protein for body tissues.

Cereals and breadstuffs supply needed energy. Use whole-grain or enriched cereals, flour and bread for additional minerals and vitamins.

Milk is the best food source of calcium for strong teeth and bones. It supplies vitamin B<sub>2</sub> (riboflavin). Use it generously on your cereal and drink it as a beverage.

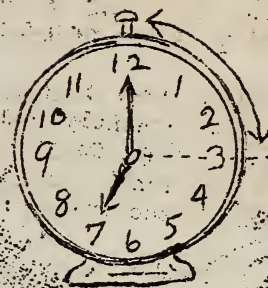
Butter and fortified margarine supply vitamin A and make the breakfast toast and breads taste good.

When you add bacon, ham, or sausage to this breakfast pattern, you add favorite foods high in fat which gives "staying" power because fat digests slowly. A meat will help build a good breakfast.



## TAKE HOME IDEAS

One way to see that all members of the family get a good, adequate breakfast is to allow enough time. Neither the children nor the grown-ups should grab a bite and run.



Only 15 minutes need be set aside for a good breakfast---one that gives much greater return to grown-ups and children alike than a few extra minutes in bed.

Remember that a breakfast of orange juice and black coffee doesn't keep you slim. Hunger will slow down your pace by mid-morning and you are likely to eat a lunch which will more than make up for calories saved. Nervousness and irritability due to hunger can take a toll, too.

So, to that fruit juice and coffee breakfast, add an egg, a slice of whole-wheat toast or a bowl of cereal with milk for a nutritious, low-caloric breakfast with staying power.

## FOOD-ON-THE-JOB HERE AND THERE

A small optical equipment plant in Hollywood where work demands keen eyesight, steady hands and nerves, and dexterity, provides its employees with a well-balanced lunch at low cost. The lunch consists of meat, vegetables, dessert, and a beverage and it is varied each day. Ninety-eight percent of the workers patronize the cheerful, home-like cafeteria.



Mill workers at the Southern Cooperative's cafeteria in Baltimore select more nutritious lunches than office workers. Here, too, good nutritious food is offered at low cost.

Desk workers: Were you sleepy and tired yesterday afternoon because you did not eat a good lunch? Check up on the eating habits of the office "grouse." More than likely a scanty breakfast, or no breakfast at all is the cause of the irritability. Poor eating habits just do not pay!

## HEALTH HINTS

Health authorities agree unanimously that a better breakfast means better health. In an article entitled, "Starting the Day Right," Robert S. Goodhart, Surgeon (R) USPHS, Chief of the Industrial Feeding Division, Production and Marketing Administration U. S. Department of Agriculture, explains that with an adequate breakfast an employee is bound to be a better worker and a happier healthier individual.

Dr. Goodhart says: "Great strides have been made in arousing public interest in better balanced meals, but much work remains to be done. In particular,

this business of breakfast needs more and continuous emphasis if the three-part job of improving worker health, lowering accident rates, and raising efficiency is to be brought to a higher degree of success."

Scientists have been working on better food for industrial workers. The findings were recently published in "The Nutrition of Industrial Workers," Second Report of the Committee on Nutrition of Industrial Workers, Food and Nutrition Board, National Research Council, Washington, D. C. Problems being studied by the Committee include:

- 1) Food needs of workers in different industries.
- 2) Ways of conserving food nutrients in large quantity cookery.
- 3) The value of vitamin-fortified foods.
- 4) Ways of informing workers of scientific developments in nutrition.

#### HOW ABOUT THE PROTECTIVE FOODS?

Two Gallup polls taken two years apart are indicative of American food habits and the need for improvement. Records for one day were obtained from selective samplings of the population and it was found that the following percentages had none of the respective protective foods:

Foods	February 1943	February 1945
Citrus fruits, tomatoes, or salad greens	45	46
Milk or milk products	34	32
Green or yellow vegetables	25	23
Other vegetables or fruits	8	9
Meat, fish, or poultry	12	9
Eggs	48	40
Cereal or bread	3	4
Butter or other fats	0	22

The object lessons of these surveys are twofold: 1) the need for making nutritious foods more available, and 2) the need for insuring a better selection of foodstuffs. Industrial feeding is particularly well suited to contribute significantly towards the achievement of these objectives.

At this point there arises the extremely important question: Are there signs and symptoms of decreased health and efficiency associated with the prolonged eating of diets which are not up to the Recommended Dietary Allowances and yet which are not so severely deficient that actual deficiency diseases such as pellagra, scurvy, or beriberi are apparent?

#### INDUSTRIAL FEEDING NUTRITION POSTERS AVAILABLE

The U. S. Department of Agriculture's industrial feeding section has four attractive posters illustrating the Basic 7 foods, and they are available without cost to interested industrial plants. There is also a series of table tents illustrating the Basic 7 foods that can be used on lunchroom and cafeteria tables to effectively encourage better food selection by employees. For samples and full information write to the Production and Marketing Administration, Industrial Feeding Section, 5 South Wabash Avenue, Chicago, 3, Illinois.